



# Quarterly Newsletter

Between July and September 2026, SETU Nepal saw what a community can do when people look out for one another. Behind every update in this issue is a person:

- **Children** who found a family and a place to celebrate at Aarati Home
- **Women** building their businesses one step at a time, and passing the opportunity on to the next
- **A father** who finally went home to his daughter
- **Volunteers** who trained, travelled through heavy rain, and stayed on the ground for flood-affected families
- **Partners** who shared the work and made it possible to reach more people
- **Supporters** whose care turned into real help.

Thank you for standing with us this quarter.



## July-September Highlights

### July:

- Umbrella Organization Nepal's support
- Hamro Palo's 10th Anniversary

### August :

- Annora's Birthday, Aarati Home
- August- Vermi-composting at SNSE Farmhouse
- Raksha Bandhan Celebration

### September:

- Field Activity on Nuwakot
- Relief Kits for Nuwakot
- Passing on the gift in Nawalparasi
- Volunteer Training
- "Father Will Breathe" initiative
- One-Day Psychosocial Support Session for Persons with Disabilities in Nuwakot

## Thank You, Umbrella Organization Nepal

On 27 July, SETU Nepal publicly thanked Umbrella Organization Nepal — a fellow member of the ONGD–FNEL partner network — for generously and partially supporting Richa's education. The organization's contribution of NPR 20,500 covered eleven months of tuition and examination fees, allowing Richa to continue her studies at Bagiswori Secondary School.

*Your support is more than financial assistance, it is an investment in a young girl's dreams and future.*



## Celebrating a Decade of Empowering Girls

On 30 July, SETU Nepal — represented by Program Officer Ms. Lasata Manandhar — joined Hamro Palo's 10th Anniversary Celebration. The event brought together voices from government, development partners, civil society, and communities to reflect on a decade of impact and the road ahead for gender equality and the empowerment of women and girls.



Beyond marking the milestone, the celebration created space to exchange ideas, strengthen partnerships, and explore future collaboration. Congratulations to the entire Hamro Palo team on this achievement.

## Annora's 10th Birthday at Aarati Home

Aarati Home lit up in celebration for little Annora Chaudhary's 10th birthday — a day filled with love, laughter, a delicious meal, a birthday cake, and heartwarming dance performances from the children, with the birthday girl herself lighting up the stage.

SETU Nepal contributed a donation of Rs. 12,000 towards the celebration, helping bring smiles and joy to the children who call Aarati Home their family — here's to many more moments of giving, sharing, and celebrating together.



## Vermi-composting at SNSE Farmhouse

We visited SNSE Farmhouse and learned how to set up a vermicompost bin in five simple steps. We started with a base of dry straw, added soaked cardboard and paper, then a layer of aged cow manure and compost. After that, we gently released the Red Wrigglers and covered the bin with a damp jute sack. It was easy, hands-on, and a great way to turn organic waste into rich fertilizer.

*A big thank you to Manav, Hari Dai, and Anup Sir at SNSE Farmhouse, for teaching us!*



## Raksha Bandhan Celebration at Aarati Home

Our children at Aarati Home celebrated Raksha Bandhan, a festival that celebrates the special bond between brothers and sisters.

The children tied colorful rakhi onto the wrists of their dear brothers and exchanged heartfelt wishes for happiness and good health. There were smiles, sweet treats, and a lot of love in the air.



*For our children, this day means even more. Even away from their biological families, they have found brothers and sisters who care for them at Aarati Home. Moments like these remind us that family is built on love, not just blood.*

## Bhotekoshi Flash Flood 2026: A Community in Crisis

On 26 August 2026, a flash flood swept through Rasuwa, Nuwakot, and Dhading, destroying homes, roads, and bridges and leaving many families without shelter, clean water, or medical care. Since **day one**, SETU Nepal has worked with the Nepal Rapid Action Team (NRAT) to provide relief materials, medical support, psychosocial counselling, and search-and-rescue support. Four response phases have been completed in Nuwakot so far, with more planned, though access remains difficult. More volunteers are still needed to reach affected families.



# Field Activity on the Ground

Since the recent floods, Setu Nepal volunteers, working with NRAT and partners SPW Urjaa Nepal, VSN, The Small Earth Nepal and local organisations, have been on the ground in Nuwakot. In the early days, they supported the school-based holding centre in Bidur by cleaning the premises, helping with kitchen work, distributing relief supplies and coordinating the large number of people present.



- Supported the holding centre in Bidur with cleaning, kitchen work, and relief distribution
- Ran hygiene campaigns, play activities, and child-focused events
- Provided medical support and one-to-one Psychological First Aid
- Built latrines, cleared debris, and supported shelter arrangements
- Reached remote areas like Betrawati despite difficult access
- Began a 15-day community work camp on 23 September with schools and youth clubs

## Relief Kits for Nuwakot



On 6 September, SETU Nepal's team, together with National College, reached fourteen at-risk households sheltered at the holding centre in Chandeshwor Secondary School, Bidur, with relief kits — while simultaneously helping mobilise volunteers on the ground. Many families are still waiting for help, and continued support can make that possible.

In the visit, the team — in collaboration with National College — delivered relief kits directly to families in Tupche, Nuwakot, staying overnight in a safer part of the district due to heavy rain and slippery roads before returning the following day.

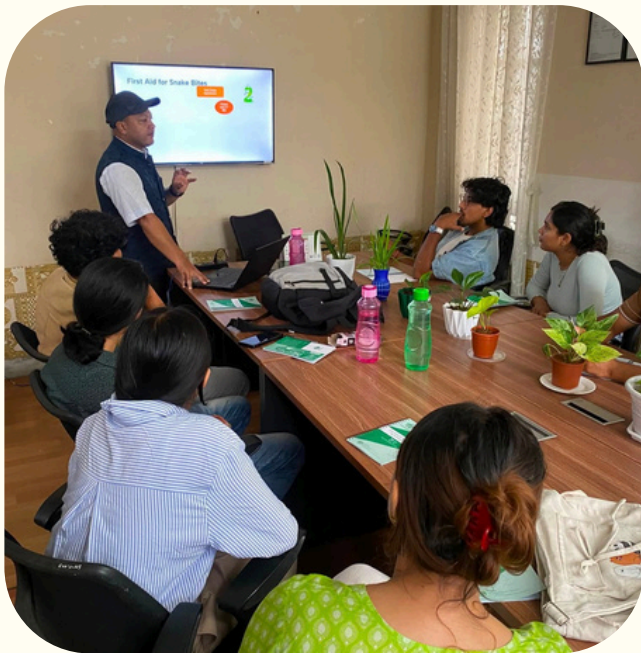
## Passing on the Gift in Nawalparasi



Five women in West Nawalparasi, who had already received livelihood support from SETU Nepal, have each received a refundable NPR 20,000 seed fund to strengthen their existing businesses. After about 18 months, the money is returned so another woman can receive the same opportunity. One woman strengthens what she has started, and later that same opportunity becomes another woman's beginning.

## Training the Responders

NRAT and consortium partners held two rounds of **Psychosocial First Aid (PFA)** and **Humanitarian Assistance training**, led by Dr. Pranav Karmacharya and Grishma Paneru, ahead of deployment to flood-affected areas. The first session on 4 September prepared volunteers for Bidur Municipality Ward-3, and the second on 16 September trained a third batch for Rasuwa and Nuwakot, with new partners Community Society Nepal (CDS) and IRDC joining the consortium.



**A message from Setu Nepal's executive director in an appeal to volunteers and responders:**

*Please stay safe, remain alert, and work with care. When providing psychosocial support to affected children and families, listen with empathy and respect their dignity. Collect only the information that is necessary and appropriate, while honouring people's privacy, emotions, and consent.*

*–Mrs. Ranju Pandey, Executive Director, SETU Nepal*

## “Father will Breathe” Initiative

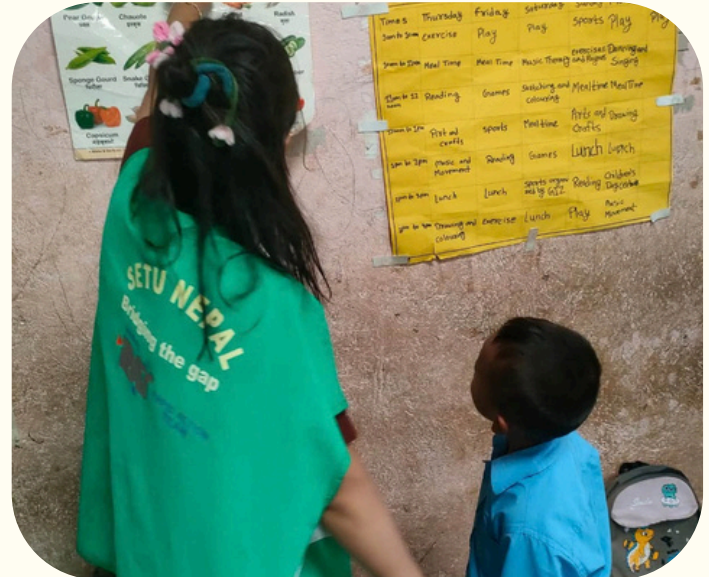
He was ready to go home — but his daughter couldn't afford the oxygen concentrator he needed to breathe safely, so he stayed in hospital, day after day. Through the **"Father Will Breathe"** initiative, led by Mrs. Ranju Pandey, Executive Director of Setu Nepal and NRAT Consortium Member, generous hearts came together to provide him an oxygen concentrator. After 15 days, he was finally discharged and went home with his daughter.



## Psychosocial Support for Persons with Disabilities in Nuwakot

On September 23, Setu Nepal held a one-day psychosocial support session for flood-affected persons with disabilities from different wards of Nuwakot. Many participants were persons with visual impairments, and some had lost their homes to the flood. The session covered Psychological First Aid, active listening, stress management, and healthy coping strategies. It was made possible with the support of the Nuwakot Handicapped Welfare Organization.

Meaningful recovery means making sure every member of the community receives care, compassion, and support.



**Thank you for standing with us this quarter.**

From education campaigns to emergency flood response, none of this work is possible without your continued support. If you would like to help SETU Nepal reach more children, women, and flood-affected families, visit [setunepal.org/donate](http://setunepal.org/donate) or reach out at [info@setunepal.org](mailto:info@setunepal.org).

*Small steps, big impact*